



Remedy

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chief executive's

Dear All

Welcome to 2009. I hope that the year ahead for our members will be a positive one despite current issues that many of us are facing.

The start of this new year at TDF is indeed the start of new beginnings in more ways than one. Over the past twelve months, The Board of Trustees have been looking very closely at the services we have been providing for ten years.

Therapy services are going from strength to strength. Our therapists are becoming more and more experienced in their field and our aim to create a centre of excellence is getting ever closer. On the other side of the coin, the Disability Information Service has not developed in the way that our founder members had hoped. There are many reasons for this; possibly the acceleration of the computer and information age as well as the ease at which everyone can access the Internet. This has resulted in a downward turn in the amount of enquiries

letter

we have been receiving and the availability of new advice we have been able to distribute.

As a charity we fundraise very carefully and watch every penny spent even more carefully and so we have had to look at whether TDF's Information Service is a service that is still of value. Regretfully and after a great deal of consideration, TDF will no longer be able to offer a formal Information Service at this time. TDF has decided that energies are better utilised in further improving our Therapy Service rather than continue to pursue our mission of a "one stop shop" of therapies and information under one roof. The demand for our therapies indicates that it is on this service that we must focus because this is where the real need is.

We all know that it will take some time to get used to the "new" TDF and we are all disappointed that the Information Service cannot continue to operate as a stand alone service at present. We

hope you will agree however that change can be positive and is sometimes necessary to move forward.

In the meantime, we look forward to warmly welcoming you at your next visit.

See you soon!

A handwritten signature in black ink, appearing to be 'JH', written over a light blue background.

TDF's AGM

This year's AGM will be held on the 29 April 2009. This is your opportunity to see the inside workings of TDF, to meet the staff at TDF and to voice any comments or queries you may have. You can also sample some therapies as some of our therapists will be offering taster sessions. If you would like to come to this year's event which will be held at Pinner Village Hall please contact Giovanna at TDF on 020 8954 7373.

Wedding Bells

Picture courtesy of
M & R Photography



TDF are delighted to announce that our Founder member Julie Fernandez married her long term boyfriend Andrew Elliott on 6th December (2008!). We wish them every happiness and huge congratulations to them both for a long and happy future together.

New birth

TDF would like to announce to all our members that Lisa Mendoza, our Communications Officer, who some of you may know, gave birth to another gorgeous baby girl called Antonia in June. A little sister for Lisa's other daughter Olivia, she is a much loved addition to the family.



fundraising

As you can all imagine in the current economic situation charity fundraising is going to have to change and new ways of raising funds thought of. It is going to be difficult for all charities but we will work hard to devise new income generating projects. If any of our members, Friends, Patrons wish to put forward any ideas please do as every penny counts and any idea would be gratefully received and considered!

In light of this we have become involved with an online charity auction website called BuyOnceGiveTwice. This is a new and extremely effective way of raising funds.



TDF would like to introduce you to BuyOnceGiveTwice

BuyOnceGiveTwice is a unique charity auction website and was originally devised to recycle upmarket auction lots won at charity events, but not used or wanted by their generous buyers, thus providing an opportunity to raise funds that would not otherwise have existed.

Founding partners, Mia Woodford & Emma Leschallas decided to start www.buyoncegivetwice.co.uk after a ball they organised raised over £300,000 at the auction, of which 40% of the prizes were not actually taken up by the purchasers.

However, BuyOnceGiveTwice has expanded to be much more than just an outlet for charities to recycle unused auction items. For example, corporates often buy tickets for client entertainment; if the client cancels, the tickets can be recycled through the site or holiday home owners can donate a rental week to sell for charity.

In essence, www.buyoncegivetwice.co.uk is a unique philanthropic bidding network. At its core is an on-line charity auction site, acting as agent to re-sell or sell upmarket/lifestyle/money-can't-buy goods.

“Our mission is to help charities generate funds, through the creation of the world’s first philanthropic network.”

Mia Woodford of BuyOnceGiveTwice

The site launched in April 2008 with 50 founding charities, TDF being one of these. And has now grown to support over 100 charities, raising in excess of £200,000.

Lots of Lots

Items featured on BuyOnceGiveTwice vary from the sublime to the ridiculous. There aren’t many websites where you can buy a 5* holiday to Goa or Name Your Own Eddie Stobart Truck all for charity.

The lot categories consist of Travel, At Home, Tickets& Events, Art, Fashion & Beauty, Celebrity, Experiences, Kids. So they really do cater for everything and everyone.

Helping TDF Fundraise

You can donate items to auction on BuyOnceGiveTwice with the proceeds benefitting TDF. There is no cost involved to TDF or you in doing this, simply a small commission on the item once it has sold.

There are two ways in which a lot can be donated:

BuyOnceGiveTwice Core

You simply send the details of the item to BuyOnceGiveTwice. They upload the item and personally service and market the lot on the charities behalf. Commission is charged at 15%.

B1G2

This is a new self serve function which will be launched at the end of November. B1G2 enables charities and individuals to upload their own auction lots onto the site and manage them using a straight forward admin system. Commission is charged at 7.5%.

Once an item has sold, the payment is dealt with by The Charities Trust, they charge a 4% commission for handling the payment. The

Photo: Can Associates/
Andy Neal



funds are then disbursed with the majority going to TDF and the commission to BuyOnceGiveTwice to cover their running costs.

BuyOnceGiveTwice for TDF – Katie Price

Katie Price agreed to hold a Private Afternoon Tea Party for the winning bidder and two of her girlfriends with all proceeds going to TDF. The auction finished on 12th January and raised a considerable sum for TDF. TDF also organised a double page spread in the Sunday Express that involved 11 other auction lots for 11 other charities to benefit from on BuyOnceGiveTwice and everybody was extremely pleased with the press coverage and the financial outcome as a result!

“Working with the BuyOnceGiveTwice team was an incredible experience, they were very vigilant, impressively professional and we are very grateful to them and to Katie Price in raising much needed funds for TDF and look forward to working with them again across this year”

Chrissy Smith, The Disability Foundation

What’s new on BuyOnceGiveTwice

Live! BuyOnceGiveTwice are now able to run live auction events through their website, prior to and during the event, allowing pre-bidding and opening the auction up to a much broader audience. It’s simple, effective, low cost and increases the funds raised.

“We were delighted with the service provided by BuyOnceGiveTwice, they were very professional and the site looked fantastic. Without a doubt the online gallery boosted our profits for the event. We very much look forward to working with them again.”

Abbe Cussins, Teenage Cancer Trust

Thrive

Spring is around the corner and people are starting to spend more time in their garden. Many people, including disabled people, love gardening and it can be a very therapeutic activity. Thrive is a small national charity that helps people who have become disabled either through an injury, stroke or medical condition where gardening can help them as part of their rehabilitation and recovery. Thrive also works with those with longer term disabilities to help give them work experience, skills and horticultural qualifications. It also gives them the opportunity for connection with others, reducing feelings of isolation or exclusion. Thrive also uses the therapeutic side of gardening to “beat the blues” and to improve emotional wellbeing.

Two people who have benefitted from going to one of Thrive’s gardens are Gavin and Veronica and they tell their own story.

Gavin’s Story

“I used to get bad mood swings but going into the garden and having a purpose in life has helped to reduce those”

Gavin achieved fantastic progress during his time at the Thrive Battersea Garden Project. He first came to Thrive in 2001, 12 years after he was diagnosed with schizophrenia.

Today, Gavin is looking forward to independence. After seven years working with Thrive’s therapists as a client, he joined our supported volunteer project and then moved on to a part-time paid job. He is also working as a volunteer in the research laboratory at



King's College London, a really positive move for him as before his illness he was a biochemist at St Mary's hospital in Paddington.

Commenting on how schizophrenia affected him, Gavin says: "I had great problems reacting to my environment. I would walk into a room and feel as if I was in a trance. Gardening has helped me overcome that. At Thrive, you do a full day which helps to build stamina and helps you get back into a work routine. There is also a fantastic mix of people there and my social life has taken off.

"My doctors say that since I started gardening, the improvement has been obvious. They hope that soon I will be able to move into a house or flat of my own. I just hope it has a garden!"

Gavin has given interviews about his experience at Thrive and has written articles for Thrive's journal Growth Point, and has produced a research paper on gardening and mental health. He has also recently completed a video course and has taken the Royal School of Music Grade 6 exam on the violin. These are things which he admits he wouldn't have dreamt of doing a few years ago.

Veronica's Story

Veronica is 54 years old and had a stroke in 2005. She lost the sight in one of her eyes and can't use her left arm and leg. The stroke completely changed her life and she urgently needed something new to focus on to help rebuild her confidence and get her strength back.

Veronica had always liked gardening and a referral by social services allowed her to start coming to the Thrive Trunkwell Garden Project for one day a week. Veronica says: "I wish I'd found out about Thrive earlier. The first day I came I didn't want to go

home! I wasn't sure what to expect because I hadn't been out of the house for years – I had stayed in bed wishing I was dead. Then I was shown around the garden and I thought it was lovely."

At first, Veronica found her trips to Thrive very tiring but slowly she started to use her good side more, stretching to reach gardening tools and helping with tabletop tasks. "I've been sorting vegetables, cutting flowers and even sowing seeds and potting on. The therapists show me how to use the tools – I found the secateurs difficult, but using them at Thrive helped me to cut things with scissors at home – the first time I'd managed to cut anything myself since I had my stroke."



Veronica's progress has been so good that she now comes to Thrive for two days a week and she absolutely loves it. As well as helping with the gardening jobs, she now works in the Secret Garden at Trunkwell and has started digging and planting flowers in the raised beds.

Veronica comments: "I would come to Thrive every day of the week if I could – even weekends. It really has made such a difference – it's the best thing I've ever done."

Thrive runs two garden projects at the moment, one in Reading and the other in Battersea Park. They also support 900 projects around the country that aim to improve the lives of disabled people through gardening. If you are interested in what Thrive offers and would like to find out more about what they do you can contact the charity on:

Telephone: 0118 988 5688

Website: www.thrive.org.uk

Email: info@thrive.org.uk

body, mind and soul

Developmental Baby Massage

Developmental baby massage focuses on developing flexibility, strength and stamina in the baby. The benefits of baby massage are well known and practiced in many cultures. In India it is normal for the midwife and the women of the family to massage the baby daily, from birth – starting with stroking to increasing the pressure and movement as the needs of the baby grows.



Dhanu Kara

Developmental Baby Massage is enjoyable and beneficial for both babies and their parents.

For babies:

- Develops joint flexibility, muscle strength and stamina and helps postural development and movement
- Improves immune system and decreases production of stress hormones plus relaxation influences child health
- Promotes sounder and longer sleep and helps emotional trauma (especially during birth)
- Helps to regulate digestive, respiratory and circulatory systems
- Helps relieve discomfort from wind, colic, congestion and constipation

For parents:

- Focused time that helps deepen bonding and communication between parents and baby
- Promotes feelings of competence and confidence in caring for baby

- Helps parents to understand and respond appropriately to baby's nonverbal communication
- Is therapeutic and relaxing, also helps parent's ability to relax the child in times of stress
- Eases stress of parent who must be separated from child during the day

Other benefits of baby massage:

- Research shows benefits for premature infants, children with skin disorders, asthma and diabetes
- Cross-cultural studies show that babies who are held, massaged, carried, rocked and breast-fed grow into less aggressive and violent adults.
- Mothers with post-natal depression have shown improvement after starting baby massage
- Teenage mothers have shown improved bonding behaviour and interaction with their babies.
- Babies that are massaged grow up to be more compassionate and co-operative
- Group environment of baby massage classes gives parents a support network

"Of all things, the physician should be good at rubbing, for rubbing tightens a joint that is too loose and loosens a joint that is too tight"

Hippocrates 'Corpus Hippocraticum'

Massage for Children with Special Needs

Baby Massage can be effective for many children with special needs suffering from foetal distress, stiff or floppy babies, blindness and deafness.

Pre-term infant research in neonatal intensive care units at the Hammersmith Hospital in London, show it's possible to detect objective hormonal changes following regular periods of baby massage.


Babies massaged averaged a 47% more weight gain per day, against those who weren't, even though both study groups did not differ on formula intake in volume or calories.

Those babies massaged were awake and active a greater percentage of time during the sleep/wake behaviour observations.

Babies that were massaged showed more mature habituation, orientation, motor and range of state behaviour and on average were hospitalized 6 days less than the non-massaged babies.

Baby massage can help babies with Cerebral Palsy a neurological disorder affecting body movement and muscle coordination, Down Syndrome, a genetic disorder and Prada-Willi Syndrome which is a genetic disorder affecting muscle tone and physical development.

With Cerebral Palsy a baby's muscles and joints are stiff, floppy, or both in different areas of the body and/or at different times. Massaging and moving them gently in the right way, can bring about some remarkable improvements. If practiced regularly it will improve the quality of your child's everyday life, and at most may restore



the correct 'tonus' to the muscles, freeing the joints and allowing a normal pattern of movement to resume. Without movement the muscles and the joints become stiffer.

When a baby has Prada-Willi syndrome where developmental delay is evident, developmental baby massage can have a considerable effect upon improving normal development. Babies with Prada-Willi and Down Syndrome are sometimes extremely flexible or 'floppy' and a firmer touch with cool hands can help to 'tighten up' the muscles and joints. Positions and movements taught by the teacher, which encourage more strengthening, rather than stretching is advisable.

Infant and baby massage can help families whose infants are terminally ill to improve the quality of every day life for the child. It also enables the parents to remain in touch with their child and communicate positive loving feelings.

Massage sessions are suitable for babies after their six weeks check up, to pre-crawling, older and special needs children. Parents learn a developmental routine plus some specific strokes and techniques according to the individual child's requirements. Demonstration includes how to adapt the massage as the baby grows. Massage oil is provided. Please bring any necessary changing equipment for your baby and feed your baby an hour before the session. Parents should wear loose, comfortable clothing and sessions last 1 hour.

Advice given in this article is not meant as a substitute for conventional medical treatment. Work with a qualified Developmental Baby Massage teacher and obtain the consent of your physician, if your baby has special needs.

Dhanu Kara is a Developmental Baby Massage teacher and a Complementary Therapist who specialises in Stress Management.

disability information

Individual Budgets

The social care system is changing again to enable people who need support to gain more control over the support that they receive. Direct Payments do give people a certain amount of control over where they get their support from but the type of support they receive is still down to social services. This will change with Individual Budgets as they enable people to also have a say in what type of support they would like.

Individual Budgets are designed to give the service user more control over the services they receive and then gives them greater choice. The key features are:

- A transparent allocation of funds
- A streamlined assessment process –service users only attends one assessment for all the available funds
- Brings together support and funding from different agencies
- The service user can use the budget to get the support they want
- Provide support from a broker or advocate when necessary to assist in creating the care plan

The funding streams included in the Individual Budget are:

- Council social care services
- Independent Living Fund
- Disabled Facilities Grant
- Community equipment services
- Access to Work
- Supporting people funding

To discover whether Individual Budgets would work and whether service users thought it gave them more control over the services they received a pilot study was carried out. This study ran from November 2005 to December 2007 and was based in 13 English local authorities. It covered all types of disabled services users, Mental Health users, physically disabled, learning disabilities and older people. The results showed that:

- Mental health service users reported a significantly higher quality of life
- Physically disabled adults reported receiving higher quality care and were more satisfied with the help they received
- People with learning disabilities felt they had more control over their lives
- Older people reported lower psychological well-being with Individual Budgets, perhaps because they felt the processes of planning and managing their own support were burdens

"I can choose my own respite facilities, checking them out first to make sure they meet my needs as a disabled person. I can control where I go and pay for it with IB money. You are the best judge of your needs – not a social worker."

(Physically disabled service user)

The study also found that there was little difference between the average cost of an Individual Budget and the costs of conventional social care support. Costs were lowest among mental health service users and highest for those with a learning disability.

Despite the intention that Individual Budgets should include resources from different funding streams social service's staff experienced legal and other restrictions on how each funding stream was to be used. There was also frustration that NHS resources were not included in the

budgets despite joint service delivery arrangements between the NHS and social services becoming more common.

In summary the report found that people receiving an Individual Budget were significantly more likely to report feeling in control of their daily lives compared to those receiving conventional social care services. They also welcomed the support obtained and how it was delivered. If you want to find out if Individual Budgets are going to become available in your area contact your care co-ordinator at social services.

Employment Problems

With the introduction of the new benefit Employment and Support Allowance (ESA) which has replaced Incapacity Benefit many more disabled people will be looking for work. This number will increase again once the Department for Work and Pensions (DWP) start to move existing Incapacity Benefits claimants onto the ESA.

Jobcentre Plus now has several schemes to help disabled people find work. Some schemes involve attending training courses to improve skills or learn new ones whereas others may involve work placements. A Disabled Employment Advisor at the Jobcentre will help you choose one that is right for you.

New Deal for Disabled People

This scheme entails the disabled person obtaining a 'job broker' who will help you find a job that suits you. The job broker, who is from either a private, voluntary or public organisation, will talk to you about:

- Any work you have previously done

- Which skills you have gained and any qualifications you have
- What you are like as a person

With this information it is possible to find the job that most suits you. It is also possible to identify any training you may need to obtain the job you want. Job brokers will also provide advice for interviews, support once you start work and advice on how it affects your benefits.

Work Preparation

This is tailored to suit your needs so there is no set way that it works. It usually involves doing short-term unpaid work experience with a local employer. This will provide you with some experience and enable you to find out what you need to be able to work.

Workstep

This aims to enable disabled people to improve their skills, help you get used to working and make you more confident about having a job. It provides you with long-term support that you need to enable you to work and it can be in paid employment.

Work Trials

This is a 30 days trial in an actual job vacancy. It gives you the chance to show the employer you can do the job while enabling you to continue receiving your benefits if it does not work out. To take advantage of this scheme you must have been unemployed for at least 26 weeks and be receiving Job Seekers Allowance, Incapacity Benefit or Income Support.

There are also several schemes that can help you with the financial side of looking for a job and preparing to go to work.

Return to Work Credit

This is a tax-free payment of £40 per week which you receive during the first 13 weeks of employment. You need to have been receiving Incapacity Benefit, Income Support (on the grounds of incapacity), Severe Disablement Allowance or Statutory Sick Pay. Also your earnings should be lower than £15,000 per year and you must work over 16 hours a week.

Travel to Interview Scheme

If you are offered an interview for a job that is not in the area you live in you may be able to get your travel expenses paid.

Access to Work

This scheme provides help for disabled people to enable them to get or keep a job. This could be paying travel expenses, special equipment or a support worker whilst at work.

Job Grant

This is a one-off tax-free payment when you get a full time paid job. The amount you will receive depends upon your circumstances but it will be between £100 and £250.

In the current economic climate the job market has become more and more competitive with unemployment rates increasing. Although the government has assured us that there are jobs available for disabled people many disabled people feel this is the wrong time to introduce a benefit that aims to get disabled people into work. Only time will tell if the ESA allows the government to reach its target of getting one million disabled people back into work.

Carers' Organisations

UK Carers is an online support group for carers of severely disabled people. The group was formed to put pressure on the government into taking action to reward one of the hardest working groups of people. They want the government to provide them with an income that reflects the hard work they do. UK Carers would like to contact as many carers as possible and also welcome other Carers to their support group.

UK Carers is currently running an email campaign to support an increase in Carers Allowance and to remove the overlapping benefit rule. This would help many Carers, especially older Carers who have had their Carers Allowance taken away when they started receiving a pension. They would like as many people as possible to email them to support this campaign. Please email them at ukcarers@googlemail.com with the simple message "I support an increase in Carers Allowance and the removal of the overlapping benefit rule".

The Princess Royal Trust for Carers was created on the initiative of HRH The Princess Royal in 1991. At that time people caring at home for family members or friends with disabilities and chronic medical conditions were scarcely recognised as requiring support. The Princess Royal Trust for Carers is the largest provider of comprehensive carers support services in the UK. The Trust currently provides information, advice and support services to almost 354,000 carers, including over 20,000 young carers and has a network of 144 independently managed Carers' Centres. Information, advice and access to support groups are provided through their websites www.carers.org and www.youngcarers.net.

Carers UK was set up by carers themselves and is a member led organisation. It is the members who set the organisations' priorities

and define their campaigns. Carers UK work to improve carers' lives by campaigning for change and mobilising supporters to influence decision makers. They provide information and advice to carers about their rights and how to get support.

For more information visit their website www.carersuk.org.

New Powers for the Blue Badge Scheme

The increasing abuse of the Blue Badge Scheme has finally led the government to listen to all involved and strengthen the scheme. The police, traffic wardens, local authority parking attendants and civil enforcement officers now have increased powers to tackle this. They are now able to inspect Blue Badges in order to stop people misusing badges or using stolen or counterfeit ones. This makes it easier to identify and deal with the people who are abusing the scheme. If someone is unable to produce a badge for inspection without a reasonable excuse, they could face a fine up to £1,000. Hopefully, these new powers will ensure that the Blue Badge Scheme continues to benefit disabled people with mobility problems who need to park closer to their destination.

Other measures are planned by Department of Transport including the introduction of a hologram onto the badge. The department is also looking into the possibility of having a national central database of badge holders.

For any queries about the changes to the Scheme please call the Department for Transport, Mobility and Inclusion Unit on 020 7944 6550 or email blue.badge@dft.gsi.gov.uk.

Q Do I need to register my powered wheelchair/scooter?

A Users of Class 3 powered wheelchairs and scooters that have a maximum speed of between 4mph and 8mph have to register their vehicles with the Driver and Vehicle Licensing Agency (DVLA). The DVLA will then issue a current free tax disc which has to be displayed on the vehicle and will issue a renewal notice each year. Renewal can be done at the Post Office, over the phone or through the Internet without any payment. There is an automatic penalty of £80 if the vehicle is not registered. Call 0870 243 0444 for more information or to find your nearest DVLA office.

Q Are any special shoes available for someone who has had a stroke?

A Yes. There are many firms who specialise in making made to measure shoes and orthopaedic footwear. Contact TDF for the contact numbers of these firms. The British Footwear Association publishes booklets on footwear for special needs. Contact them on 01933 229005.

Q I am going abroad for my holiday? Do I need to insure my electric wheelchair?

A Yes, it is a good idea to insure your wheelchair and any other mobility equipment as unfortunately they can get damaged during transit. Check your household contents policy to see if it covers personal possessions such as wheelchairs away from home. If so, you might be able to get a reduction on your travel insurance. If it is not a part of your household contents policy then you will have to include it with your travel insurance. Call TDF for more information.

Muscles Wordsearch



Achilles

Frontalis

Quadriceps

Adductors

Gluteus Maximus

Sartorius

Biceps

Hamstrings

Trapezius

Deltoids

Pectorals

Triceps

Contact TDF

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